

February 2004 Weightline News

[Seniors Mix Walking with Workouts at Kiosks Along the Way](#) *(The Associated Press)*

[President Submits FY 2005 Budget-Claim of "Full Funding" for LWCF not borne out in Details](#) *(Americans for Our Heritage and Recreation)*

[Report Finds Massachusetts Girls Lag Behind Boys in Sports Participation](#) *(Harvard School of Public Health)*

[Short Circuit To Fitness](#) *(The Arizona Republic)*

[Obesity, Physical Inactivity Play Role In Asthma Cases, Experts Say](#) *(The Advocate)*

[Prevalence of No Leisure-Time Physical Activity](#) *(Centers for Disease Control MMWR Weekly)*

[Walking 10,000 Steps Not As Easy As It Looks](#) *(USA Today)*

[Doctors Urged To Discuss Patient Fitness](#) *(www,intelihealth.com)*

[Schools Often Get Permission to Cancel Physical Education, Raising Health Concerns](#) *(The Daily Southtown)*

[We Should Strive to Drive Less to Get Out of Fat City](#) *(Contra Costa Times)*

[WKU Students Give Thumbs-Up to Greenways Bicycle, Walking Trails](#) *(The Bowling Green Daily News)*

[Government Computerizes Calorie Plan](#) *(Las Vegas Sun)*

[Super Bowl Ends Many Gym-Goers' Drive](#) *(Las Vegas Sun)*

[Through Physical Education, Leading Instructor Taught of Life](#) *(The Washington Post)*

[Aerobic Walks Improve Seniors' Ability to Make Clearheaded Choices](#) *(USA Today)*

[Indoor School Activity Areas Often Closed to Public](#) *(Health Behavior News Service)*

[More People Creating Gyms at Home](#) *(The Las Vegas Sun)*

[US Campaign to Get Kids Active is Working](#) *(Medical News Today)*

[Dance Adds a Fun Dimension to Exercise Routine](#) *(The Detroit Free Press)*

[Housework Workout: Scrubbing For Fitness](#) *(The Lansing State Journal)*

[Biggert Visits Madison Gym Class](#) *(Daily Herald)*

[Moderate, not low fat, may be better for weight loss](#) *(NutraIngredients)*

[Pedometers; do they make a difference?](#) *(MSNBC)*

[Colorado takes strides to polish thin and fit image](#) *(New York Times)*

[Healthy eating: tips and tactics for eating out](#) *(Chillicothe Gazette)*

[Cyberdieting; weight loss on the web gains fans](#) *(USA Today)*

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[New Years Resolutions a month later](#) (CNN Health)

[Curb those cravings](#) (The Free Lance Star)

[Study details 30 year increase in calorie consumption](#) (New York Times)

[Dietitian doesn't like recent fad](#) (Ralston Recorder)

[How safe are weight loss supplements](#) (MSNBC)

[Cut carbs to lose weight?](#) (St. Petersburg Times)

[How long can you stay on this diet?](#) (USA Today)

[Personality figures in](#) (USA Today)

[What type of eater are you](#) (USA Today)

[Peanuts for heart health plus weight loss](#) (Food Navigator)

[Scientists find new obesity treatment](#) (UPI)

[CDC says carbs to blame for rising calorie intake](#) (Reuters Health)

[Low carb lunacy](#) (Naples Daily News)

[Low carb foods not always healthy](#) (Health Beat)

[How about eating less?](#) (Daily Camera)

[Comparing apples and pears](#) (Berkeley Wellness Newsletter)

[No fast way to lose weight](#) (Washington Post)

[Do net carbs add up?](#) (Washington Post)

[Confused over carbs?](#) (Detroit Free Press)

[Pyramid cannot be blamed for overweight Americans](#) (Billings Gazette)